

DR. L. DANIEL BURTNER

# TRAUMA TROT

AND KIDS SAFETY EXPO

1K, 5K AND 8K

CROSS-COUNTRY RUN

SATURDAY, MAY 23, 8:30 AM

BURTNER FARM

641 LAWYER ROAD, PENN LAIRD, VA

Proceeds from the Trauma Trot will be used to provide injury prevention education and outreach.

## Schedule

- 8:30 am** 8K Run
- 9:30 am** 1K Run for kids age 12 and younger
- 9:45 am** 5K Walk/Run
- 10:45 am** Award Ceremony
- 11:30 am** Close of Exhibits

The cross-country race is held on the Burtner farm, which neighbors Peak Vie Elementary School. Please park at the school on race day.

## Award Ceremony

**1K Run for Kids:** The top three kids to cross the finish line will receive an award

**5K and 8K:** Top three in each age division will receive a race medal (<12, 13-19, 20-29, 30-39, 40-49, 50-59, 60+)

## Entry Fees

**1K:** \$15 per child (parents may run with their children at no cost)

**5K:** \$25

**8K:** \$30

\$5 discount for teams with 4 or more members

## Registration and Packet Pickup

To register for the Trauma Trot, go to **RMHTraumaTrot.com**. Register by May 1 and receive a free t-shirt. Packet pick-up is Friday, May 22, 5-8pm at Sentara RMH Medical Center.

Sponsored by: Sentara RMH Emergency Department, Safe Kids Central Shenandoah Valley, Shenandoah Valley Emergency Nurses Association.



*Exhibits include fire, police and rescue apparatus and displays, music, games, face painting and more!*



SENTARA®